

Frosted Cake

Makes: 16 servings

Vanilla and orange peel are the secret to making this delicious cake with chocolate frosting. Serve at your next special occasion for a tasty treat.

Ingredients

2 1/4 cups cake flour

2 1/4 teaspoons baking powder

4 tablespoons margarine (soft tub)

1 1/4 cups sugar

4 egg

1 teaspoon vanilla

1 tablespoon orange (peel)

14 tablespoons milk (fat-free, 3/4 cup + 2 Tbsp)

3 ounces cream cheese (low-fat)

6 tablespoons cocoa

2 cups sugar (confectioners, sifted)

1/2 teaspoon vanilla (extract) cooking spray

Directions

- 1. Preheat the oven to 325° F.
- 2. Grease with small amount of cooking oil or use non-stick cooking oil spray on a 10-inch round pan (at least 2 1/2 inches high). Powder pan with flour. Tap out excess flour.
- 3. Sift together flour and baking powder.
- 4. In a separate bowl, beat together margarine and sugar until soft and creamy.
- 5. Beat in eggs, vanilla, and orange peel.
- 6. Gradually add the flour mixture alternating with milk,

Nutrients Calories	Amount 251
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	50 mg
Sodium	139 mg
Total Carbohydrate	48 g
Dietary Fiber	1 g
Total Sugars	32 g
Added Sugars included	29 g
Protein	4 g
Vitamin D	0 IU
Calcium	74 mg
Iron	2 mg
Potassium	102 mg
N/A - data is not available	
MyPlate Food Groups	
Grains	1 ounce

beginning and ending with flour.

7. Pour the mixture into the pan. Bake for 40-45 minutes or until done. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely before icing.

Icing:

- 1. Cream together cream cheese and milk until smooth. Add cocoa. Blend well.
- 2. Slowly add sugar until icing is smooth. Mix in vanilla.
- 3. Smooth icing over top and sides of cooled cake.
- US Department of Health and Human Services, A Healthier You